

Growing Healthy Families

SPRINGFIELD DISTRICT OFFICE • Vermont Department of Health, WIC Program
100 Mineral Street, Suite 104, Springfield, VT 05156 • 1-802-885-5778 or 1-888-296-8151

Smart shopping: A grocery store tour

Friday, December 4
10:00–11:30 a.m.
Shaw's
2 Chester Road
Springfield

Want to stretch your family food dollar, learn how to use your new WIC card and get the most out of your fruit and vegetable benefits? Sign up for a free grocery store tour with your WIC Nutritionist this December.

For more information or to register call 802-885-8928.

Baby behavior and breastfeeding workshop

Friday, December 18
10:00–10:45 a.m.
Vermont Department of Health
First Floor Conference Room
100 Mineral Street, Springfield

Join us for a fun, free workshop to learn more about newborn behavior, what to expect after giving birth and simple tips for successful breastfeeding. Partners and other family support welcome.

For more information or to register call 885-8928.

Understanding your baby's cues

Friday, January 8
1:00–1:45 p.m.
Vermont Department of Health
First Floor Conference Room
100 Mineral Street, Springfield

It can be hard knowing what your newborn is trying to communicate when he or she can't talk. Understanding your baby can help you feel less stressed and more confident. Learn how to recognize hunger cues, sleep patterns, reasons for crying and solutions to common concerns. Fathers, grandparents and other support welcome!

Cooking fresh

Tuesday, January 26
5:00–6:00 p.m.
Trinity Evangelical Church
Windsor Food Shelf
44 Main Street, Windsor

Quick, healthy and delicious recipe ideas for this winter are coming your way. Join your WIC Nutritionist in creating roasted root veggies at the Windsor Food Shelf. You'll take home the recipe, your own root vegetables and don't forget — free tastings!

For more information or to register call 802-885-8928.

Let's eat! Ways to use your WIC foods

Friday, February 26
10:00–11:00 a.m.
Vermont Department
of Health
First Floor Conference Room
100 Mineral Street
Springfield

Wondering what to make with new WIC foods such as whole wheat pasta, tortillas and dried beans? Try new recipes like white bean dip and cheese and veggie quesadillas! We'll provide recipe ideas, food demonstrations and meal plans using WIC foods.

For more information or to register call 802-885-8928.

Young moms' group

First Monday of every month
5:00–7:00 p.m.
25 Cherry Hill, Bellows Falls

Come join other young moms for a fun night out. Childcare and dinner provided. Transportation may be available.

Call Michelle at 802-275-7871
or Molly at 802-376-6204.

All activities are FREE
of charge!

FIT WIC FUN AND GAMES PAGE

Fun in the snow!

Try these fun winter activities to play in the snow.

Catch Me

This is best in freshly fallen snow.

Procedure: Follow each other's footprints in freshly fallen snow. When fresh snow isn't packed, it will take double the effort (and double the fun!) for both you and your child to walk.

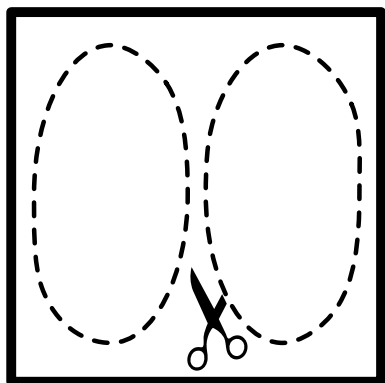
Take turns running after each other in the snow. Make it even more fun by bringing out noisemakers and having a parade through the snow!

Snowshoe Walk

This is best in packed snow.

Procedure: Snowshoes are a lot of fun. If you don't have your own, you may be able to borrow or rent snowshoes from your local recreation center or school. Call to find out. Snowshoes make walking in deep snow easier.

Kids can make their own "snowshoes" with your help by cutting cardboard boxes into an oval shape (or use 2 shoe boxes), punch 2 holes in the center each, and threading a long shoelace (or elastic) through the center which can be tied over your child's boots. Have your child "skate" over the snow. This works best when the snow is a little bit packed.



cut cardboard

